

Relief in Pulmonary Or Throat Troubles

depends largely on the sufferer's ability to upbuild a weakened system, and thus hasten a return of normal body functions.

In this effort much depends on fresh air—night and day—and rest and good food. The patient should refrain from work that overtaxes, and all sanitary precautions should be taken. These commonsense measures do not always achieve the desired results unless aided by proper medication.

It is here that Eckman's Alternative has evidenced its worth. For in many cases it has effected lasting benefit. And often such troubles seem to yield to it.

In no case is its use attended with possible harm, since it contains no poisonous or habit-forming drugs. At your druggist's.

Eckman Laboratory, Philadelphia.

CROP SUMMARY FOR JULY BY AGRICULTURAL BOARD

Following is the monthly crop summary for July, 1916, as compiled by the Oklahoma State Board of Agriculture:

Growing condition of corn, 68 per cent.

Per cent of the acreage planted to corn that has been abandoned 94 per cent.

Growing condition of cotton 32 per cent.

Per cent of the acreage planted to cotton that has been abandoned 98 per cent.

Growing condition of the following crops: Kaffir corn 76 per cent; milo make 76 per cent; feterita 76 per cent; alfalfa 79 per cent; sorghum 61 per cent; broom corn 76 per cent; peanuts 82 per cent.

Acreage planted to the following

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Round trip Summer Tourist tickets, with liberal return limit and stop-over privileges are now on sale at extremely low fares.

Tell the Frisco Agent where you want to go and let him figure your trip and make your sleeping reservations.

crops, compared with the acreage planted last year. 100 per cent representing 1915 acreage: Kaffir corn 85 per cent; milo make 79 per cent; feterita 75 per cent; sorghum 59 per cent; peanuts 59 per cent.

Corn has a growing condition of 68 per cent. This is 17 per cent below the growing condition of one month ago and 14 per cent below the condition of same date last year. Continued dry weather has caused considerable damage to the corn crop. However, some localities in the state received good rains during the latter part of July, and the early corn crop was practically assured where these rains fell. 6 per cent of the acreage planted to corn has been abandoned on account of various causes, leaving 3,383,400 acres standing.

Cotton has a growing condition of 32 per cent. This is 1 per cent better than the condition of one month ago and 14 per cent better than the condition on same date last year. Cotton has not suffered from dry weather as much as have the other crops. However, continued dryness will cause heavy damage. 8 per cent of the acreage planted to cotton has been abandoned on account of various causes.

Forage crops are in fair condition, having withstood the dry weather as well as could be expected. The acreage planted to kaffir corn is 14 per cent less than last year's acreage. Milo make 21 per cent less, feterita 27 per cent less, and sorghum 11 per cent less. All forage crops have a decrease in acreage this year, due principally to failures of crops in 1915, and increased acreages of other crops this year.

Peanuts have a growing condition of 82 per cent. The acreage planted this year is 1 per cent less than the acreage last year, making a total of 17,612 acres of growing peanuts.

Broom corn has a growing condition of 76 per cent. This is 9 per cent less than the condition of one month ago, and 5 per cent less than the condition of same date last year. The acreage planted to broom corn this year amounts to 223,552 acres. The broom corn harvest is progressing nicely, and fancy prices are being paid. One contract price of \$125 per ton has been reported at Lindsay, Okla.

Will Sloan's Liniment Relieve Pain?

Try it and see—one application will prove more than a column of claims. James S. Ferguson, Phila., Pa., writes: "I have had wonderful relief since I used Sloan's Liniment on my knees. To think after all these years of pain one application gave me relief. Many thanks for what your remedy has done for me." Don't keep on suffering, apply Sloan's Liniment where your pain is, and notice how quick you get relief. Penetrates without rubbing. Buy it at any Drug Store. 25c.

HAS 8 MILLION FIGHTING MEN

Only Russia Can Raise Greater Army Than the United States.

The census bureau estimates that there are nearly 21 million men in the United States between the ages of 18 and 45, of whom 1,842,265 reside in Pennsylvania. In determining the academic question of how great an army this country could, by general conscription, put into the field, there are a number of deductions to be made. One is the total of alien whites, Chinese and Japanese who would be unavailable for military duty—a total that the census bureau fixes at 1,888,099. Another is the total of physically unfit, which could only be determined by medical examination. Still a third and considerable deduction is the total of those in trader and occupations necessary to the maintenance of the country and the maintenance of the army and navy. For though modern warfare exalts the service of the entire population of a nation, it requires that a considerable industrial population be left

Cure for Cholera Morbus.

"When our little boy, now seven years old, was a baby he was cured of cholera morbus by Chamberlain's Colic, Cholera and Diarrhoea Remedy," writes Mrs. Sidney Simmons, Fair Haven, N. Y. "Since then other members of my family have used this valuable medicine for colic and bowel troubles with good satisfaction and I gladly endorse it as a remedy of exceptional merit." Obtainable everywhere.

behind to supply the machinery and the munitions of war. How many of America's men of fighting age are engaged in "indispensable trades" has not yet been computed.

Russia's fighting strength is estimated at about eighteen million. Germany's at a little less than eight million. Austria's at about five million. In the case of the latter two nations their totals were probably reduced by deductions for "indispensable trades" and increased again during this war by the calling out of classes less than 18 and more than 45 years. These estimates likewise probably fail to take into account the physical disability of a large percentage of males of fighting age.

It is generally computed that about 8 per cent of a country's population is available for military duty. On this basis of computation Germany's total of availables would be brought down to five million and that of the United States to eight million, which is nearer the truth than 21 million, and which is, incidentally, a greater army than any nation except Russia could put into the field.—Cincinnati Enquirer.

Oklahoma College for Women.

Chickasha, Okla., Aug. 2.—Not only has the Oklahoma College for Women long since ceased to be looked upon in this state as a "sectional institution," but with its "ideal education for women," strong faculty and lack of tuition in every department, it has begun to attract the attention of school men throughout the country.

The article given below appeared recently in the Christian Science Monitor, world daily, published in Boston and read wherever the English language is spoken. It appeared under the heading "Oklahoma School for Women Proves Marked Success." The article in full follows:

"A notable experiment in education all lines is the Oklahoma College for Women, a school exclusively for girls, as its name indicates, and kept up entirely by the state. Its success during the past few years indicates that the day of the separate school is not past.

Though the idea of the founders was to make the work all of collegiate rank, the great demand for secondary training, due to poor public schools in the Indian Territory country in the early days, has made it possible to reject young women who have not completed high school work. Courses are given that may be substituted for those ordinarily obtained in the high school, and advanced work leads to bachelor of arts, bachelor of science and bachelor of music degrees.

No attempt is being made to serve others than the young women of its own state. It is seeking to find the ideal education for the young women of Oklahoma, and to furnish that education at a cost that can be met by the great masses of people, especially the farmers.

During the past year, board and room were furnished in the state dormitories at \$16 a month. Buying direct from the farm was what made the rate possible, college authorities say. Some young women have taken a year's study at a total cost of \$175.

President G. W. Austin calls the education he is experimenting with "Education for the Home." There are two great features, household economics and music. These are given besides the regular high school and college courses. Attendance during the past year showed an increase over that of the year before of 71 per cent, and over that of two years ago of 176 per cent.

When the baby is suffering the double affliction of hot weather and bowel disorders, the remedy needed is McIVER'S BABY LINIMENT. It reduces the feverish condition, corrects the stomach and checks looseness of the bowels. Price 25c and 50c per bottle. Sold by Ringer Drug Co.

ARE YOU WEATHER WISE?

There Are a Thousand Different Signs That Can Be Watched.

During the day there are a thousand signs to observe, if you are wise in weather lore, quite too numerous to mention. There is, for example, the whirlwind, a little spiral of dust and dry leaves which so often springs up mysteriously and goes waiting across a road or field. If it revolves from right to left, the weather will continue fair, but if it revolves the other way, rain will soon follow.

Then, too, if you see the sheep feeding more eagerly than usual, look out for rain, or if the frogs are jumping with unwonted liveliness in the meadows, if the chimney swallows flock high and dart about excitedly, watch for thunder showers or high wind, while if the barn swallows fly very low, rain is coming. If it is already raining, watch the chickens. If they stay under cover the storm will not last long. If, however, they go out into the yard or runway, in spite of the wetting, the storm may be expected to continue for some time. Evidently the theory here is that they say to themselves, "Oh, what's the use? It's going to last all



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Okla.

Public notice is hereby given that I will pay no bills in Ardmore except upon order signed either by myself or my wife. All dealers will govern themselves accordingly.

Robert F. Scivally.

Ardmore, Okla., July 29, 1916. 30-4

The Best Laxative.

To keep the bowels regular the best laxative is outdoor exercise. Drink a full glass of water half an hour before breakfast and eat an abundance of fruit and vegetables, also establish a regular habit and be sure that your bowels move once each day. When a medicine is needed take Chamberlain's Tablets. They are pleasant to take and mild and gentle in effect. Obtainable everywhere.